

ANNUAL NARRATIVE REPORT

APACHE COUNTY, 1941

B Y

Alice F. Beesley
HOME DEMONSTRATION AGENT

ABSTRACT OF ANNUAL NARRATIVE REPORT

APACHE COUNTY, 1941

The Home Demonstration Agent, Alice F. Beesley, has spent 68 days in field and office work in Apache County and 223 days in Navajo County. In Apache County home demonstration work was conducted in 6 communities with 283 Homemakers enrolled. Subjects or projects which were discussed or demonstrated during the year were: Care of the Sick in the Home, First Aid Kits and Medicine Chests, Household Pests, School Lunches, Meal Planning Made Easier, Hosiery, Cotton Mattress and Comforter Program, Bedding, County Fair, Aluminum Defense Drive, and Christmas Suggestions.

4-H Club work was done in 3 communities with 4 clubs recorded and 48 girls enrolled and 45 completing their projects. Projects were done in Meal Planning and Clothing. Eight girls and two leaders attended the 4-H Roundup in Tucson.

The Home Demonstration Agent has cooperated with the following county, state, and federal agencies in promoting current problems: Public Health, Public Schools, Social Security and Welfare, Farm Security Administration, Agricultural Adjustment Administration, Board of Supervisors, Surplus Marketing Administration.

Plans are being arranged for a meeting soon of all who are interested in a County Nutrition Committee

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Summary of Statistical Report
Apache County, 1941
Alice F. Beesley

The Home Demonstration Agent spent 12 months on the full calendar year of 1941 in Extension service for Navajo and Apache Counties. Sixty-eight days of this time was spent in Apache County in office and field work for adults and 4-H Club Members.

There are eight communities in the County where adult and 4-H work should be done. However, this work was not done in Concho nor Greer during the past year. Six communities were organized to carry on adult home demonstration work with a total membership of 283 Homemakers.

The Home Demonstration Agent sponsored 4 4-H Clubs with 48 girls enrolled and 45 completing their projects. Three of these clubs took clothing and one took Meal Planning. In the Clothing Clubs 38 dresses were made besides the other sewing projects.

The Extension Nutritionist spent 6 days in Apache County assisting the Home Demonstration Agent with demonstration lessonsoon "Meal Planning Made Easier", on "Canning", checking pressure cooker gauges, and acting as official judge for the Home Economics Department at the County Fair.

Representatives from the schools in Apache County, the Health Department, Mr. Lesem of the State Office in Surplus Marketing for School Lunches, and the Home Demonstration Agent met at St. Johns in August to discuss ways in which they could best cooperate to assist the school systems in school lunch projects.

The Clothing Specialist spent 2 days in the County presenting a demonstration on "Hosiery" and assisting the Home Demonstration Agent with records and information on the Cotton Mattress and Comforter Program. To date there has been over 700 mattresses and comforters made in Apache County. The Home Demonstration Agent devoted 32 days to the Mattress Program in 15 communities, 6 of which were south of the Indian Reservation and 9 which were on the Reservation. On the Reservation the Home Demonstration Agent only spent two days in service, demonstrating to the supervisors and leaders the way to make the mattresses and a few fundamentals in directing the program in the different centers.

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The State 4-H Club Leader, Emil M. Rovey, spent 3 days in the County assisting the Home Demonstration Agent with plans for 4-H Club work. He attended the Achievement Day for the Clothing Clubs in Eagar early in May and awarded the pins. An explanation of the contests and activities of the 4-H Roundup to be held in Tucson in August was also given.

The Extension Service cooperated with the following agencies in the respective fields of work:- Public School, Board of Supervisors, Farm Security Administration, Public Health, L.D.S. Relief Societies, Parent Teachers Association, and the Agricultural Adjustment Administration.

A complete summary of the distribution of office and field work by months may be found on page 26.

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ANNUAL NARRATIVE REPORT

Agricultural Extension Service
Apache County

Alice F. Beesley
Home Demonstration Agent

I.	Organization	
	Sub-Project C.	4-H Clubs
	Phase 1.	4-H Club Organization

Fifty-five girls have been enrolled in 4-H Club work during the past year. Twenty-eight of these girls were in the Clothing Club in Eagar and did their club work during the school months of 1940-1941. Three of the 4-H club girls were enrolled in the Meal Planning Club at Vernon. These girls all completed their projects and attended the 4-H Roundup in Tucson. Two of the girls gave a demonstration on Setting the Table at the Roundup. The remainder of the 4-H Club girls in Apache County were enrolled in a Clothing Club in St. Johns. Two of these girls attended the State 4-H Roundup. One of these girls, Lois Peterson, was a 5th year Clothing girl and received a blue-ribbon award in the girls senior dress review.

The group of club age girls at Concho should be organized into a 4-H Club. An effort was made to do this during the past year but it was impossible to secure a local leader who could be their sponsor for Clothing or Foods. An effort will be made to assist the local group in organizing a club during the coming year.

I.	Organization	
	Sub-Project B.	Home Ec. Ext. Organ.
	Phase 1.	Homemakers Clubs.

Six clubs or other groups were organized to cooperate in carrying on adult Home Demonstration Work. There were 283 members in these clubs or groups. Of these groups 3 were organized Homemakers Clubs and the remainder were L.D.S. Relief Society groups.

Twenty-eight method demonstrations were presented by the Home Demonstration Agent and Specialists during the past year with a total attendance of 757 Homemakers. The Home Demonstration Agent devoted a total of 56 days to work with these adults.

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The following projects were demonstrated and studied during the calendar year of 1941: Care of the Sick in the Home, First Aid, Meal Planning Made Easier, Household Pests, Hosiery, Cotton Mattress and Comforter Program, Care and Selection of Bedding, Family Food Supply, Aluminum for Defense, Christmas Suggestions, and Holiday Dinners, Home Canning.

The Plan of Work for Navajo and Apache Counties for January 1941 to July 1942 may be found on page

Sub-Project D.

Reports

General Extension Activities have been varied during the current year. An effort has been made to co-operate with all federal and local agencies in furthering the progress of the people within the county and state. The Home Demonstration Agent devoted 56 days to work with adults and 12 days to work with 4-H Club members. Work with the adult women is divided between regular Homemakers club members and members of the L.D.S. Relief Society in the local communities. Conferences on Aluminum Defense, Cotton Mattress and Comforter Program, School Lunches, and Public Health, have been held with county and state workers in the respective fields.

Office and field work in Apache County which was done by the Home Demonstration Agent is sub-divided below. An interesting summary of distribution of office and field work by months may be found on page 26. Also a summary of the years plan of work for Navajo and Apache Counties may be found on pages 27, 28, 29, 30 and 31.

Homes visited -----	239
Different Homes visited-----	202
Office Calls -----	61
Telephone Calls-----	23
Articles written-----	5
Letters written-----	395
Circular letters-----	14
Days in Office-----	7
Days in field-----	61
Demonstrations held-----	43
Attendance-----	757

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XIII. Nutrition
Sub-Project B.
Phase 2.

Food Preservation
Canning Foods

The Latter Day Saints Relief Society group in Eagar under the leadership of Mrs. Atella Haws canned about 500 qts. of corn. Aid was sought relative to causes of spoilage and the Home Demonstration Agent met with 8 Homemakers and gave instructions on using the sealer for tin cans. Information was also given on care of corn and preparation of it for canning and during the actual canning process.

Mrs. Lola Dudgeon, Extension Nutritionist, and the Home Demonstration Agent demonstrated the canning of mutton at Eagar with 20 Homemakers present. Meat was prepared and canned as rolled roasts, lamb chops, meat patties, rib roasts and as stew. Before the actual canning began the pressure cooker gauges were tested. The canning was done in tin cans using an automatic sealer. Careful attention was given to pre-cooking, need of exhausting, and the necessity of immediately sealing cans. A few cans bulged on the bottom near the side seam and a follow-up is being made to see if the cause can be determined.

During the day 16 pressure gauges were tested. Several were found to be so inaccurate that food processed in those cookers would not have reached the proper high temperature to destroy spoilage bacteria.

Sub-Project C.
Phase 2.

Food Selection
Normal Conditions

The Home Demonstration Agent led the Relief Society Nutrition lesson on "Food Fads and Fancies" in Eagar in the month of April. Requests were received for information on "Refreshing Refreshments" and assistance was also given on sandwiches and beverages which the local leader used in a later meeting.

The Extension Nutritionist conducted two lessons on the subject of "Meal Planning Made Easier". Forty-five women attended these meetings. At one meeting two menus were prepared and served to the women.

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In Alpine and St. Johns the Home Demonstration Agent conducted the demonstration on "Meal Planning Made Easier." Several recipes were made and discussed at the Alpine meeting but the demonstration lesson in St. Johns was held on the same day that the Relief Society gave recognition to their anniversary. This restricted the time allowed for the lesson so the material was carefully discussed and bulletins were given to each of the 40 Homemakers in attendance.

At two meetings in May the Extension Nutritionist showed strip films on "Food for National Strength." In the discussion on "Meal Planning Made Easier" the emphasis was placed on balanced meals at a low cost and members estimated their family needs using the "Consumers' Guide" as a reference on which to base the needs of individuals making up the family group.

Sub-Project D.
Phase 7.

Food Preparation
School Lunch

Schools in Apache County which served lunches using Surplus Commodities were:- Alpine, Concho, Springer-ville Elementary, St. Johns District No. I., St. Johns District No. II. and Stanton. A total of 497 children were served. The school lunch was sponsored by the following local agencies:- P. T. A., American Auxilliary, School Trustees, Grammar School, and Ladies Club. With the exception of Alpine all schools had the assistance of N.Y.A. or W.P.A. workers in preparation of the lunches. The above schools served lunches during the school term of 1940-1941. There has been some difficulty in getting the program organized for 1941-1942 due to the inability to secure N.Y.A. or W.P.A. assistance.

Sub-Project D.
Phase 8.

Food Preparation
4-H Nutrition Clubs

Three 4-H Club girls in Vernon, met with their leader, Luella Webb, and organized a Meal Planning Club. All the girls completed their projects and held an Achievement Day at which the Farm Security Home Supervisor was the official judge. Mothers of all the girls attended the Achievement Day Program. Two of these girls gave a demonstration at the State 4-H Roundup. All three girls attended the Roundup.

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The first demonstration for the making of mattress ticks was held in Round Valley in February. Lantern slides of the Mattress Making Program were shown in two communities in Apache County early in March. The first order of cotton and ticking had been received at that time and mattress centers began operations soon.

The Home Demonstration Agent spent one day at Ft. Defiance in April giving a training demonstration on the making of mattresses for the supervisors and home leaders on the Navajo Reservation. Forty persons attended this meeting, 22 of whom were white people and 18 were Indian women. Supervisors from Northern Arizona and Northern New Mexico were at this demonstration meeting. The Home Demonstration Agent has held conferences with individual supervisors at different times during the summer but it has been impossible to visit the mattress centers on the reservation.

The following supervisors are in charge of the respective centers:

Dist.	3	- Joe H. O'Neal & Willis C. McNatt, Tuba City, Ariz.
"	7	- Edgar G. Stocks, Cedar Springs, Arizona.
"	8	- M.J. Bedwell & Elmer Hassig, Kayenta, Arizona.
"	10	- Willard Brimhall & A.V. Decker, Chinle, Arizona.
"	11	- Fred G. Maxwell, Sheldon Bell & Joe Battese, Lukachukai, Arizona.
"	17	- E.G. Jonas & H.B. Coddington, Klagetoh, Arizona.
"	18	- M.A. South & Don L. Hansen, Fort Defiance, Ariz.

A statistical summary of the Cotton Mattress and Comforter Program for Apache County is given below:-

Centers where work was conducted-----	16
Communities participating-----	23
Training meeting by H.D.A.-----	16
Supervisory visits by H.D.A.-----	40
Supervisors or local leaders	
men-----	7
women-----	10
Days of assistance rendered by leaders-----	1440
People who worked under the supervisor-----	28
Applications received-----	895
Mattresses included in applications-----	1322
Comforters included in applications-----	1041
Number of families certified-----	881
Number of mattresses made-----	718
Number of comforters made-----	765

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Sub-Project C.
Phase 5.

Health
Pests

The Home Demonstration Agent held an Extension lesson on the subject of Household Pests in St. Johns for a group of 32 Homemakers. The Agriculture Extension Bulletin "House Fly Control" and the Arizona Extension Bulletin on "Household Pests" were given to all Homemakers who showed an interest in the bulletin. One Homemaker suggested the use of London Purple to control house ants; others, however, stated that they had not found this as successful as the Talbot Ant Powder. Cleanliness of tables, and covered shelves and utensils were emphasized as being the major items in the control of ants and cockroaches.

XVI. Health
Sub-Project B.
Phase 1.

Health Program
Care of the Sick

The Homemakers in Alpine made a careful study of causes of teeth decay. All children in the school there were examined by the dentist and it was found that all children with the exception of 3 had serious dental problems. The Welfare and Social Security Office was contacted to determine whether or not a supply of citrus fruits could be furnished these children to supplement their school lunch. The Home Demonstration Agent conducted a lesson on "Teeth and Health" for 23 Homemakers in this community.

Five Extension Demonstrations were presented to 82 Homemakers in Apache County on the Subject of "First Aid Kits and Home Medicine Chests". Forty-three of these Homemakers were interested in making the home medicine chest. Circulars prepared by the Home Demonstration Agent were given to each Homemaker to be kept in her chest and all information concerning drugs and applications of these drugs were explained to the Homemakers. The County Health Nurse attended two of these demonstration meetings.

XVIII. Community Activities
Sub-Project A.
Phase 1.

Related Agencies
Co., State, & National

The Home Demonstration Agent Cooperated with the local county Health Nurse in trying to improve the health

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conditions in the various communities. Information on communicable diseases which can be controlled by immunization and vaccinations was given. A demonstration lesson on the use of home made equipment for care of the sick in the home was presented in many communities.

Phase 2.

Farm Security Admin.

The Farm Security Home Supervisor was the official judge at the three 4-H Achievements held in Apache County. She was assisted at the Eagar Achievement Day by a local Homemaker. The Home Supervisor has given excellent cooperation in on the Cotton Mattress Program, urging the clients of the F.S.A. to cooperate with the Extension Service in securing materials for mattress and comforters and also in following instructions in the way of making up the materials.

Phase 4.

Parent-Teachers Ass.

The Home Demonstration Agent attended the County Council meeting of the Parent Teachers Association at which 50 representatives from communities in Apache County were present. The State Leader, Mrs. Sherwood, was present and the all day meeting was in charge of the County leader, Mrs. Molly Butler. Subjects for the afternoon program were as follows: Americanism, First Aid Demonstration by four boys, Report by the County Nurse, Report by the Child Welfare Worker and a Report from Safety First.

Sub-Project B.
Phase 1.

Conferences
Annual Conference

The Home Demonstration Agent attended the State Conference for County Agricultural and Home Demonstration Agents which was held in Tucson, in January. All those held in Tucson in January were reported to be very worthwhile as the relationship of the Extension Service to other State and Federal agencies. Following several general sessions for all County Agents the Agricultural Agents and Home Demonstration Agents met separately and concentrated their efforts on current problems in the respective fields of work.

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Phase 3.

Outlook Conference.

The Home Demonstration Agent attended the Annual Outlook Conference for Home Demonstration Agents in Tucson, Arizona, April 21st, 22nd and 23rd. Plans were made for the year's program including services of the Specialist. Current defense problems relative to Homemakers of our State were discussed with suggestions for clearing more efficient planning and execution of home living. Information on the economic status of our farm families and nation at large was given. This information made us much more aware of the problems which our Homemakers will be facing during the coming year.

Plans for the Country Life Conference were well outlined and the Home Demonstration Agents made definite plans for participation by our Homemakers.

Phase 4.

Country-Life Conference

One representative from Apache County made all arrangements to attend the Country Life Conference June 3rd to June 6th at Tucson. She was to meet the Navajo County representatives in Miami but through a misunderstanding connections were not made and with a great deal of disappointment to herself as well as the Navajo County representatives it was necessary to continue to the conference without her. The Apache County report for the Country Life Conference may be found on page 13. and 14.

Sub-Project C.
Phase 2.

Publicity
Weekly Column

Weekly news articles of special interest which were published during the year 1941 may be found on pages 15 to 19 inclusive.

Phase 3.

Monthly Circulars.

Circular letters of special interest which were mailed to Homemakers and 4-H Club members during the calendar year, 1941, may be found on pages 19 to 23 inclusive.

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APACHE COUNTY REPORT FOR
COUNTRY LIFE CONFERENCE

In Apache County 6 communities have cooperated with the County and State Extension Service with approximately 155 Homemakers taking part in the Programs. Three of these groups are enrolled in Homemakers Clubs and Miss Beesley works with the officers and members of the L.D.S. groups in the other communities.

Last year 6 communities in Apache County served hot lunches to 497 school children. A careful study was made in Alpine to determine the cause of the decayed teeth among the children. Many requests have been made for more information on Health and Sanitation as well as Physical and Social Development of young children. The County Nurse is preparing to give a series of lessons in First Aid this summer.

The Homemakers in this county have been extremely interested in the checking of pressure cooker gauges. The Alpine Homemakers Club purchased a pressure cooker for the use of the club members and a record is being kept of all persons using the cooker and of the kinds and amounts of food canned with the cooker. They will soon know whether or not they made a good investment.

The mattress Program is well underway in this county even though the program was begun less than a month ago in most of the communities. There are 5 centers in operation and approximately 88 mattresses have been completed. Applications have been received for about 800 mattresses. The Supervisors of the Navajo Reservation are working with Apache County Agriculture

Adjustment Administration and the Extension Service.

Miss Beesley went to Ft. Defiance and conducted a training center for the Supervisors on the Reservation. This Reservation will make about 1000 mattresses on this program.

At Eagar a 4-H Clothing Club was held during the school term. Their Achievement Program was held during the last week of the school year and awards were presented to 22 girls. Mrs. Greenwood of the Farm Security Administration and Mrs. Merrill, a local Homemaker, were the judges for the clothing projects. The State 4-H Leader was present and awarded the pins and told of 4-H Activities in different parts of the state. Mr. Rovey also told about the 4-H Round Up to be held in Tucson in August. Other Clubs are being organized and beginning work on projects for the summer months. The County 4-H Achievement will be held in August before the 4-H Round Up.

Miss Alice Beesley, Home Demonstration Agent, will be in Apache County next week April 8 - 11th to conduct training centers for the Mattress Program. Meetings will be held at the following centers.

Eagar - Tues. April 8th at 9:30 a.m.
St. Johns - Wed. April 9th at 9:30 a.m.
Alpine - Thurs. April 10th at 9:30 a.m.

Leaders from surrounding communities will meet in these centers to get the information so they may in turn train those in their local communities to make their own mattresses.

Families eligible to participate in the Mattress Program are those whose total net income during the last calendar year was not more than \$500. plus \$50. for each member of the family in excess of four persons. In calculating the net income, deductions are made for labor (hired outside the family), feed fertilizer and seed bought, taxes and interest paid, and harvesting expenses. Gas and oil for the operation of tractors may also be deducted. A family of three persons may be eligible to receive two mattresses and a family of five persons, three mattresses. However, no family shall receive more than three mattresses from federal surplus.

A charge will be made for each mattress constructed to cover the cost of local supervision, thread, pins, twine, and needles which are not provided by the federal agency. This cost will not exceed one dollar per mattress. Organizations in the local communities will sponsor and furnish the necessary equipment.

Any family who wishes information concerning the Mattress Program should consult the County Extension Office of the AAA County Committee. These organizations have application forms which families must secure, fill out, and return for the approval of the AAA committee before they can begin work on their mattresses.

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WHO CAN MATCH THIS RECORD AS MOTHER
AND LEADER OF 4-H CLUBS?

Mother of nine 4-H club members and herself an active club leader for many years. This faintly begins to outline the 4-H career of Mrs. Stell J. Peterson of St. Johns and explain why she will be an honored guest at the annual State Roundup in Tucson, Aug. 27-29.

At that time Mrs. Peterson will be called upon to tell the story of her trip to the 1918 roundup, just 23 years ago. She had just become a leader that year. With two of her girls who were to compete at Tucson, Mr. Peterson drove her over dusty and chucky roads from St. Johns to Holbrook. There they caught a train for the rest of the journey.

This time Mrs. Peterson will be in charge of a large delegation. The trip will be made by automobile, in less than one day's travel over paved highways.

Mrs. Peterson served as a leader for her own daughters and other girls of St. Johns, through 1918, 1919 and 1920. Then came a lapse in her service as active leader, although she continued to assist her own girls in their projects and otherwise to help the movement. In 1937 she became leader again, and has continued ever since.

All her seven daughters have splendid 4-H records. Here is the roll in order of age, and some of the awards they have won: Stella, three years in 4-H, silver and gold medals at the State Roundup, trip award to Chicago, Pauline, three years in club work; Clara, three years in club work, one achievement pin; Ora, three years in club work, attended State Roundup twice, served as 4-H leader; Ethel, four years in 4-H, 14 ribbons; Anna, three years in club work, won gold pin as outstanding 4-H girl of Apache County; Lois, four years in 4-H, gold pin as best girl in county, 16 blue ribbons.

Lois is still a club member and will compete this year at Tucson in the Senior Dress Revue. Another competitor in the same contest will be LaMell Farr, also trained by Mrs. Peterson.

Mrs. Peterson also has two sons who did very well with their 4-H projects.

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NEWS ITEMS ON DEFENSE ALUMINUM DRIVE

MANY CONTRIBUTE TO ALUMINUM DRIVE

Pots and pans--the kind that grace every kitchen 'til they're old and worn--took the spotlight in St. Johns Tuesday evening at a dance on the pavilion, as the county began its campaign to raise its share of aluminum for national defense.

Metal collected during the drive will be shipped to smelters designated by the national defense council and will be melted down for the metal content.

Committees in every town have been organized to sponsor the collection of this precious metal and Apache county will do her share.

APACHE COUNTY METAL DRIVE IS BEING OUTLINED

Representatives from every community in Apache county will join hands at once for the purpose of outlining a drive for aluminum and to appoint local committees.

The board of supervisors and county farm agent D. W. Rogers have been designated as county-wide chairmen for this county. They will organize committees for sponsoring the drive, and further notice will be later given when plans are more completely formulated, it was said.

In several localities free tickets are being given at theatres when the show-goers present pieces of aluminum at the box office.

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Apache County, 1941

MONTHLY NARRATIVE REPORT

Agricultural Extension Service
Apache County

Alice F. Beesley
Home Demonstration Agent

XVIII. Community Activities
Sub-Project C.
Phase 2.

Apache County
Publicity
Weekly Column

MEAT CANNING TEST STARTED AT EAGAR

Miss Alice Beesley, Home Demonstration Agent of Navajo and Apache counties and Mrs. Lola T. Dudgeon, Extension Nutritionist, University of Arizona, demonstrated the canning of mutton at the home of Mrs. Lila Eagar.

Before the actual canning began the pressure gauges were tested. Since Eagar is at such a high altitude, extra precautions need to be taken in the canning of any meat or vegetables in pressure cookers. During the day 16 pressure gauges were tested. Several were found to be so inaccurate that food processed in those cookers would not have reached the proper high temperature to destroy spoilage bacteria.

Each year before the canning season starts, Mrs. Dudgeon, advised the Homemakers to have their gauges tested. Anyone wishing this service or canning demonstration should get in touch with Miss Beesley who can be reached at Holbrook.

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Apache County, 1941

-19-
COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
—
HOLBROOK

January 24, 1941

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

UNIVERSITY OF ARIZONA
SCHOOL OF AGRICULTURE
DEPARTMENT OF AGRICULTURE
AVAJA COUNTY COOPERATING

Dear Homemaker:

In our Holbrook office we have a list of names for whom Miss Stewart in 1939 or 1940 checked pressure cooker gauges. At the time your pressure gauge was checked you were informed as to whether or not the gauge needed replacing. This letter is addressed to all Homemakers to whom she suggested gauge replacings.

At the time Miss Stewart was here she informed us that a new geared gauge could be obtained from the National Pressure Cooker Company for 60¢ with the old gauge being sent in also.

Upon investigation we have found that our information was inaccurate. The price of a regular gauge is 90¢ and a geared gauge is 60¢ higher in price than the regular gauge so that the price of the geared gauge is \$1.50. If, however, you turn in the old gauge the price will be \$1.10 for a geared gauge rather than the regular price of \$1.50. When gauges are returned they should be addressed to "National Pressure Cooker Gauge Clinic Service, Eau Claire, Wisconsin". Whenever possible, Miss Stewart recommends that the geared gauge replace the simple type gauge, since it has the advantages of an 180 degree arc and a division of the scale in pounds.

We have the pressure gauge correction in our office for each of your gauges and if you have lost this information I will be glad to send it to you; however, this letter is going only to those to whom it was suggested that gauges be replaced.

Sincerely yours,

Alice F. Beesley.

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Disease	How spread	Time from exposure to onset	Common early symptoms	Methods for prevention	Complications
Diphtheria----	Discharges from nose, throat, conjunctiva, vagina, or wound surfaces of infected person or of carrier. Infected milk.	2 to 7 days; occasionally longer	Sore throat, croup, hoarseness & fever. Symptoms may be sudden or gradual.	Prevention with toxin-antitoxin or antitoxin. Treatment with antitoxin.	Common, if treatment is delayed: Heart trouble, paralysis, Respiratory obstruction.
Smallpox----	Material from skin and mucous-membrane lesions of infected person.	8 to 16 days; occasionally as long as 21 days.	Fever, chills, headache, backache, skin eruption.	Prevention by vaccination, skip vaccination.	Bronchitis, Pneumonia, Ear infections
Typhoid fever--	Stool or urine of infected person or carrier. Contaminated milk, water, shellfish, flies.	7 to 23 days; usually 10 to 14 days.	Fever, headache, listlessness. Diarrhea, abdominal disturbances.	Prevention with vaccine.	Occasional in young children
Whooping Cough	Discharges from laryngeal and bronchial mucous membranes of infected person.	Commonly 7 days usually within 10 days; sometimes 21 days.	Cold, cough. Typical whoop begins about 10 to 14 days after onset of disease.	Inoculation for prevention or modification of disease. Recommended by some authorities. Not effective in all cases.	Common: Pneumonia and nutritional disturbances.

1

Children's Bureau Publication No. 30; U.S. Department of Labor

2

Communicable Disease Chart; Arizona State Board of Health, Phoenix, Arizona

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS

-21-

HOLBROOK, ARIZONA
May 19, 1941

Dear Cooperator:

The following information was received in our office from Earl F. Teeter, Executive Ass't., for the Agricultural Adjustment Administration. He in turn received the material from Mr. H.W. Schbaum, Chief, Division of Field Coordination.

Please take full consideration of these suggestions and see that the persons working in your centers follow these instructions.

" Some of the cotton now being received for use in making mattresses and comforters is admittedly very trashy and dusty. Several complaints have been received from the field in this connection, and a few cases of temporary illness of persons working indoors with such cotton have been reported.

" As an immediate expedient we would ask that the following procedure be inaugurated in all mattress work centers without delay:

- 1) The bales of cotton should be opened at least two days before mattresses or comforters are to be made, and wherever possible the cotton should be spread out and aired in the open sunlight.
- 2) Respirators or gauze masks must be worn at all times by persons working with the cotton. Gauze masks are thought to be sufficient for persons other than those working constantly in the fluffing or beating of the cotton, but the latter persons should wherever possible be furnished with dust respirators. The gauze mask should be of good quality hospital gauze, and should be at least 16 thicknesses. The gauze is cheap and may be purchased in hospital size rolls in most places. It may be tied around the person's head with a string or tape. The same piece should not be used by more than one person. The gauze is considerably more effective if dipped in water as often as necessary to keep it damp. Since the dampness tends to offset the drying effect to the nose and throat of any dust particles that might go through the gauze.
- 3) The mattresses should be made out-of-doors wherever this is at all possible. To date no cases of illness have been reported of person working in the open in making their mattresses. With the arrival of warm weather in most areas this would seem to be quite feasible.

" It is believed that the above precautions, particularly the use of gauze masks, will eliminate most of the trouble caused by dust from the cotton. This, together with the SIA's stoppage of shipment of the tainted grades of cotton, should make it possible to push the program forward at a rapid rate."

Sincerely yours,

Alice F. Beesley
Alice F. Beesley
Home Demonstration Agent

-22-
COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA
—
HOLBROOK

UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE
DEPARTMENT OF AGRICULTURE
NAVAJO COUNTY COOPERATING

AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

July 1, 1941

Dear Community Leader:

Please announce the following information to the members of your Homemaker's Club, or Relief Society. I feel that all Homemakers will be interested in this information on nutrition.

"To assist in the nation-wide campaign against the malnutrition which exists in all parts of the United States, a new weekly radio program has been announced by the Women's National Emergency Committee through its chairman, Mrs. Harold V. Milligan.

The first radio program of the new defense series, was presented over the Red network of the National Broadcasting Company Friday, June 13, at 10:30 p.m., (eastern daylight saving time). This is 7:30 p.m. mountain standard time. The series will continue with a broadcast at the same time each Friday evening.

The broadcast series, called "Listen, America!" hopes to present as masters of ceremonies such celebrities as Vice President Henry Wallace, Helen Hayes, Mayor Fiorello H. LaGuardia, Brig. Gen. Lewis B. Hershey, Fredric March, Nelson Rockefeller, Jr., Paul De Kruif, Mrs. J. L. Whitehurst, president of the General Federation of Women's Clubs, and others. America's greatest nutritional scientists will also appear in a quiz feature on nutrition. These include, in addition to Surgeon General Parran, such authorities as Dr. Russell M. Wilder, Chairman of the National Research Council Committee on Nutrition, Dr. W. H. Sebrell, Dr. Thomas Douglas Spies, and others who have already accepted the committee's invitations to participate.

Aiding the women's organization will be the newly formed "National Radio Committee for Nutritional Defense," made up of leaders of all phases of American life, under the chairmanship of Director M. L. Wilson."

Sincerely yours,

Alice F. Beesley.
Alice F. Beesley
Home Demonstration Agent

AFB:dc

-23-
COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
STATE OF ARIZONA

HOLBROOK
Holbrook, Arizona
November 6, 1941

UNIVERSITY OF ARIZONA
SCHOOL OF AGRICULTURE
DEPARTMENT OF AGRICULTURE
AVAJA COUNTY COOPERATING

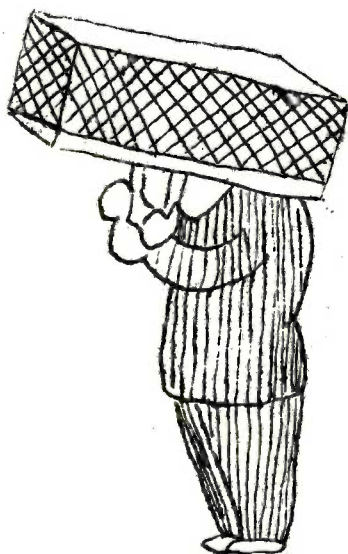
AGRICULTURAL EXTENSION SERVICE
HOME DEMONSTRATION WORK
COUNTY AGENT WORK

Dear Homemaker:

There will be a meeting in Springerville next Wednesday November 12 at 2 P.M. at the Community Church. It is for the purpose of discussing the organizing of a Homemakers Club. Also at this meeting we will have a demonstration lesson on Christmas Suggestions. You are cordially invited to attend this meeting and to bring any suggestions you may have for Christmas gifts or decorations.

Please bring your scissors, needle, thread, thimble, paper and pencil, also if you have small remnant pieces of materials. You may bring them so as to cut out a few of the patterns directly on your materials.

If you have a favorite Christmas candy or cookie recipe we will be glad to have it and also a sample if convenient.



Sincerely yours,

Alice F. Beesley.
Alice F. Beesley
Home Demonstration Agent

DON'T HIDE YOUR
TALENTS OR IDEAS

Sub-Project D.

Fairs.

The Apache County Fair held at St. Johns October 17 and 18 was the 4th Annual Fair. However, it had been 10 years since the last fair was held. They now have one exhibit hall which was well filled, in fact exhibits were crowded this year. There were many entries in the Home Economics Department. The majority of the exhibits were of a clothing nature. There were a number of canned food entries but very few home baked products. Emphasis was not put upon 4-H Club entries and consequently there were only a few in this Class.

After discussing the entries at the Fair with Homemakers who observed the exhibits the Home Agent feels that in another year entries can be almost doubled.

Plans are now being made to build an additional exhibit hall, in which case the Home Economics and Educational Departments will be given full use of the hall which held all the exhibits this year.

The Navajo Indian Reservation cooperated by bringing a very interesting exhibit of farm products, canned food products, rugs, and silver work.

Sub-Project E.

Achievement Days.

An Achievement Day for the 4-H Clothing Clubs at Eagar was held May 5th. The judges were Monita Greenwood of the Farm Security Administration and Mrs. Merrill, a local Homemaker. Emil M. Rovey attended this meeting and presented the awards. A short program was given by the members of the club and the judging was explained by the Home Demonstration Agent. Three representatives, Sara Haws, Ruth Udall, and Lois Nelson, were delegated to attend the 4-H Roundup which was held in Tucson in August. Forty club members and parents were served light refreshments by the club.

The 4-H Achievement for the Clothing Club was held in St. Johns on August 19th. Each club member entered her projects. Each member had completed all requirements with the exception of record books which will be turned in at a later date. Mrs. Monita Greenwood was the official judge. Two delegates, Avane~~ll~~ Jones, and Lois Peterson represented this club.

Alice F. Beesley
Home Demonstration Agent
Apache County, 1941

Mrs. Monita Greenwood judged the meal planning entries in the 4-H Achievement in Vernon. Only 3 girls completed the meal planning projects. All of these girls attended the 4-H Roundup in Tucson and 2 of the girls gave a demonstration at the Roundup.

Sub-Project H.

Tours.

Nine 4-H Club girls and 2 ladies from Apache County attended the Annual 4-H Roundup in Tucson. They were Mrs. Stella Peterson, leader; Lois Peterson, and Orville Jones, St. Johns, Mrs. Atella Haws, leader; Ruth Udall, Sarah Haws and Lois Nelson; Eagar, Moreen Wilhelm, Claudine and Kora Phipps; Vernon.

Lois Peterson, 5th year 4-H Club Clothing girl, won 1st place in the blue-ribbon group for informal party dresses. Ruth Udall and Lois Nelson won 3rd place in the Junior division in the Clothing team judging contest and Ruth took 2nd place in high individual points. In the Senior division Lois Peterson tied for 3rd place for high individual in the Clothing judging.

Sub-Project K.
Phase 4.

Recreation
Christmas Gift Meetings

From September 5th to 9th the Home Demonstration Agent attended the Prescott conference at which materials were organized and constructed in preparation for meetings on Christmas suggestions to be held in the respective counties.

Four demonstration lessons on this subject were given with an attendance of 41 Homemakers. The Homemakers brought suggestions which were exchanged.

Alice F. Beesley
Home Demonstration Agent
Apache County, 1941

DISTRIBUTION OF OFFICE AND FIELD WORK
DECEMBER 1940 - DECEMBER 1941

COUNTY Apache

HOME DEMONSTRATION AGENT Alice F. Beesley YEAR 1940-41

	Homes Visited	Homes Dif.	Office	Tele.	Articles	Letters	Cir. Letters.	Dys. Off.	Dys. Field	Demon. Meets.	Attend
Jan.	9	9	2	0	1	1	2	2	3	2	77
Feb.	15	15	2	1	0	31	2	0	6	6	89
Mar.	15	13	0	0	1	14	2	0	6	5	82
Apr.	12	10	4	2	2	66	1	1	5	2	120
May	23	18	17	2	0	224	0	0	6	8	148
June	39	32	6	1	0	19	2	0	6	4	56
July	22	18	11	2	0	49	1	0	5	4	61
Aug.	22	18	1	0	0	69	3	1	8	4	34
Sept.	37	30	6	1	0	14	0	0	4	2	18
Oct.	14	14	10	8	0	24	0	0	3	3	25
Nov.	19	15	2	2	0	50	0	1	7	2	32
Dec.	12	10	0	4	1	34	1	2	2	1	15
TOTALS	299	202	61	23	5	395	14	7	61	43	757

Project Sub-Project Phase	Communities where work will be done	Leaders No.	Method Demon. No.	Method of procedure	Goals	No. Dys. Spec.	No. Dys. HDA	Month
Care of the sick in the home.	10		10	Illustration of Home Made applications and equipment.	Give Home makers a feeling of self-reliability.		10	Jan.
First Aid	12		12	Demonstrate home-made medicine chests.	Knowledge of equipment & supplies needed.		12	Feb.
Meal planning made easier	12	12	12	Plan & prepare a well-balanced meal.	Better practice in home planned meals.	4	12	Mar.
Household Pests.	10		10	Subject matter on Household Pests.	Fly traps & general cleanliness		10	Apr.
4-H Club Organization is interest.	All places where there is interest.			Secure leaders and assist in organization.	Efficient work by leaders & members.			May
Hosiery	12		12	Illustrative material and subject matter.	Knowledge of selection and care of hose.	3	12	June
Mattress Program	All communities where there are sufficient requests.			Information on construction of mattresses and comforters.				Jan.-June

Project Sub-Project Phase	Communities where work will be done	Leaders No.	Method Dems. No.	Method of procedure	Goals	No Days Spec.	No Days HDA	Month
Hosiery	5		5	Specialist, subject matter, illustrative material	Wiser buying of hose & better care of hosiery.	3	5	June
Mattress Program	20 off Reservation 15 on Reservation	19 15	12 5	Leader's training meetings.	Well made mattresses & comforters. Knowledge of care of matts.	4	6	June
4-H Club Organization	6	11	70 (Enrollment)	Aid Leaders. Conduct hands, follow Demon. on pattern construction.	Develop, ability to use hands, follow instructions & cooperate in the homes.		5	June
"Hosiery"	3	3	4	Subject matter & illustrative material	Better buy-ship relative to hosiery.		3	July
4-H Clubs	4			Assist local leaders.			4	July
"Bedding"	4		4	Subject matter & illustrative material	Better care of bedding & greater knowledge in buying bedding.		4	July
"Bedding"	3		3	Subject matter & illustrative material.	Better care of bedding & knowledge in buying bedding.		3	Aug.

Project Sub-Project Phase	Communities where work will be done	Leaders no.	Method Dems. No.	Method of procedure	Goals	No Days Spec.	No Days HDA	Month
Nutrition	4		2	Demons. on Food for Family for one week	Better planned low cost diets	4	4	Aug.
4-H Achievement	3	13		County Demon. in Navajo County. 2 Communities Demon. in Apache Co.			3	Aug.
4-H Round-up		6		Annual 4-H Roundup in Tucson			6	Aug.
6 - 9	Home Demonstration			Conference "Christmas Suggestions" Prescott.				Sept.
"Christmas Suggestions"	4	4		Illustrative material and instr.	Useful and economical gifts.		4	Sept.
22 - 29	Navajo County Fair		Fair -	At Holbrook		2		Sept.
Nutrition	6		6	"Family Food Supply"	Better Planned low cost diet	2	6	Oct.
17 - 18	Apache County Fair		At	St. Johns.				Oct.
Nutrition	2		2	Holiday Foods.	Interesting & good foods.		2	Nov.
9 - 12	Annual Agricultural Extension Conference.							Dec.
15 - 31				Annual Leave.				Dec.

COUNTY PROGRAM PLANNING

COUNTY Apache DATE November 1, 1941

HOME DEMONSTRATION AGENT Alice F. Beesley

1. <u>Organizations</u>	<u>No. Enrollment</u>	<u>Leaders' Mtg.</u>	<u>Gen. Mtg.</u>
Homemakers' Clubs	<u>32</u>		<u>14</u>
Farm Security			
LDS Relief Societies	<u>119</u>		<u>16</u>
P. T. A.			
Farm Bureau			
Mattress Program	<u>278</u>	<u>6</u>	<u>8</u>
TOTAL	<u>310</u>	<u>6</u>	<u>38</u>

2. Method of Work

Is there an organized County Council that plans the County program? no

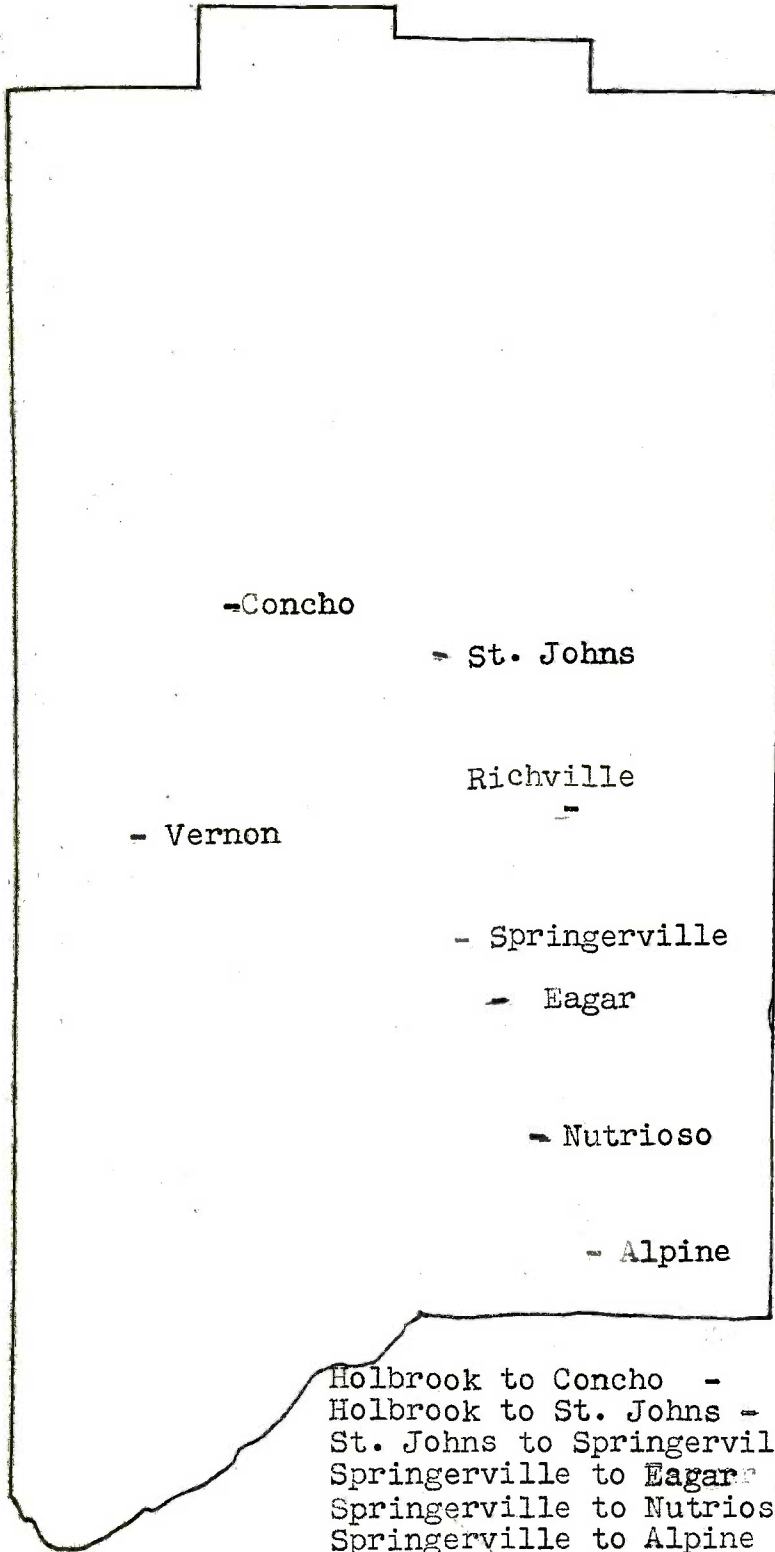
No. of groups represented

How often does Council meet?

Have you a year's program planned for each group? yes

Do you have a unified county program? yes

MAP OF APACHE COUNTY
(South of the Indian Reservation)



Extension Groups

St. Johns
Springerville
Eagar
Nutrioso
Alpine

Mattress Program

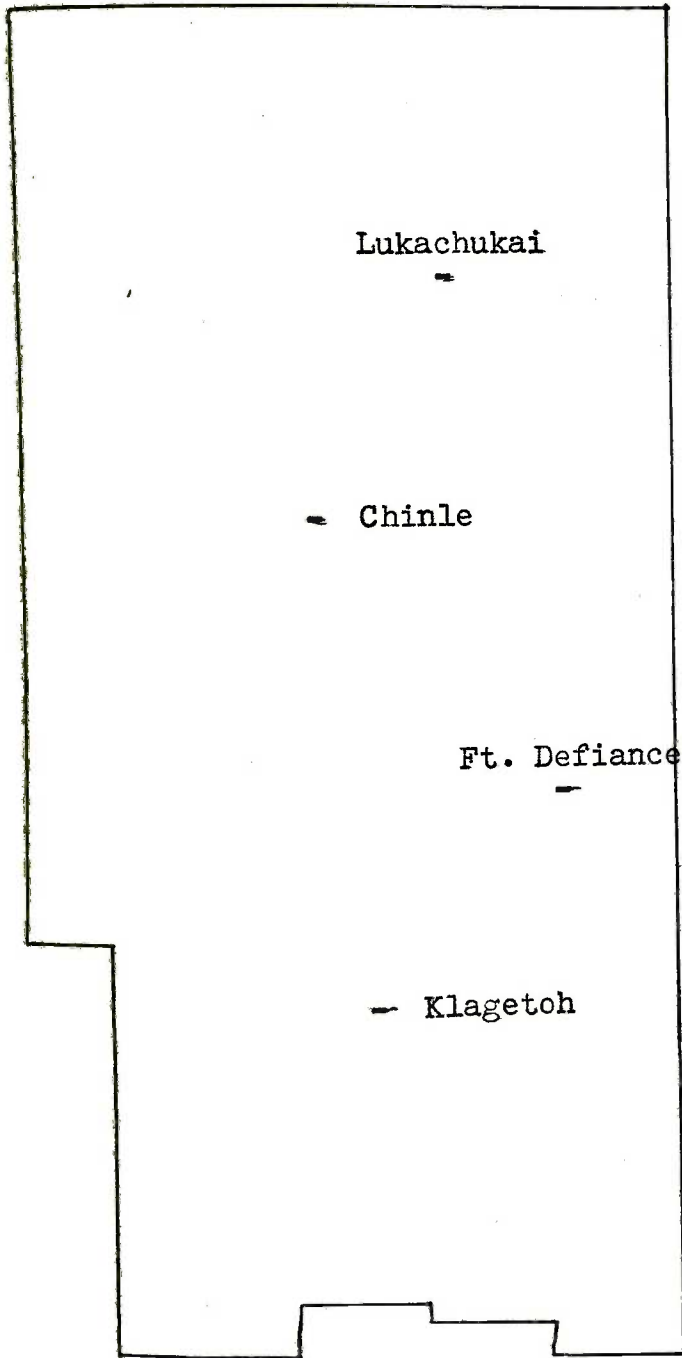
St. Johns
Richville
Vernon
Eagar
Nutrioso
Alpine

4-H Clubs

St. Johns
Eagar
Vernon

Holbrook to Concho - 48 miles.
Holbrook to St. Johns - 63 miles.
St. Johns to Springerville - 30 miles.
Springerville to Eagar - 2 "
Springerville to Nutrioso - 18 "
Springerville to Alpine - 28 "
Springerville to Vernon - 36 "

MAP OF NAVAJO RESERVATION
Apache County



Mattress Centers on the
Navajo Reservation

Tuba City
Cedar Springs
Kayenta
Chinle
Lukachukai
Klagetoh
Ft. Defiance

Alice F. Beesley
Home Demonstration Agent
Apache County, 1941

Community Activities

Aluminum Drive.

The County Agriculture and Home Demonstration Agents cooperated with the County Board of Supervisors in the National Defense Aluminum Drive by notifying all farmers and Homemakers of the purpose of the drive and by informing them of the control places where the aluminum might be taken. Circular letters were prepared and sent to 250 rural families. Other circular letters were sent to Community Leaders asking their cooperation in making announcements in the local group gatherings.

The Board of Supervisors collected aluminum from Round Valley and St. Johns. The County Agent collected the aluminum from Alpine, Vernon, and Nutrioso. No report has been received in the County Extension Office as to the total pounds of aluminum collected in the county.

Alice F. Beesley
Home Demonstration Agent
Apache County, 1941